



STAY HEALTHY!

- **Wash hands frequently**
- **Cough "into your elbow!"**
- **Use Simply Saline 2-4 times daily when stuffy nose or cold symptoms occur.**
(Helpful hint: Have child sitting not lying down when you instill it in their nose and count to three before removing the applicator to avoid spraying their face!)
- **Get sleep - 10-12 hours per night**
(Helpful hint: avoid any screen viewing - TV, computer, video games - within 1 hour of bedtime - read a book instead. "Screen viewing" interferes with REM sleep which children need to be at their best all day.)
- **Exercise at least 30 minutes every day**
(Helpful Hint: Goal could be 24 blocks = 2 miles walked all at once every day. Start with less and increase slowly to avoid being sore. Walking around the block works well - 6 times around the block is 2 miles!)
- **Eat a balanced diet - 4-5 servings of vegetables and fresh fruit, 2 servings from the meat group, 2 servings from the milk group, 4 servings from the grains group and 32 ounces of water every day.**
- **Avoid indoor and outdoor air pollutants (smoke, incense, scented candles, auto fumes, etc)**
- **Take a multivitamin with iron and an extra dose of Vitamin D (to a total dose of 1000 IU per 25 pounds of body weight per day)**
- **Avoid giving acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) unless pain is severe or fever greater than 102°F (39°C).**